



CORE 5 – Gifts & SHAPE Worksheet

This worksheet is designed to help you reflect on how God has uniquely shaped you and how your gifts, passions, and experiences can be used in the life of the church and beyond. Use it prayerfully and honestly. There are no right or wrong answers.

When was the last time you felt really ‘in the zone’? What were you doing?

What kinds of activities make you feel energised and alive?

What kinds of activities tend to leave you feeling drained or deflated?

S – Spiritual Gifts

Which spiritual gifts do you think you may have?

Have you ever done a gifts questionnaire tool?

There are various options you could try, for example:

<https://bit.ly/4shKrUr>

<https://bit.ly/4tyKjks>

<https://bit.ly/3OsR4p9>

Are there gifts others have recognised or affirmed in you?

Read 1 Corinthians 12: Is there anything that stands out to you?

H – Heart (Passions)

What issues, people, or ministries stir your passion?

What do you find yourself naturally drawn towards?

A – Abilities

What abilities or skills do you have?

Which of these do you most enjoy using?

Are there abilities you may have undervalued or overlooked?

P – Personality

How would you describe your personality (e.g. introverted/extroverted, structured/spontaneous)?

How might your personality affect the way you prefer to serve or lead?

E – Experience

What significant experiences have shaped who you are?

How might these experiences help you connect with or support others?

Prayer and Next Steps

Where might your SHAPE fit within the life of the church or community?

Is there something new you sense God inviting you to try?

One practical next step I will take:

